

North Carolina Tomato Growers Association

Enjoy the pleasure of summer with firm, red, juicy sun ripened fresh tomatoes.

Whether you prefer them sliced thick on your favorite sandwich, chopped into canned soups for that homemade goodness, or to be eaten fresh as you would an apple, a flavorful tomato is a real treat.

Tomatoes are a good source of potassium, Vitamin A, Vitamin C, phosphorus and other minerals.

One large un-peeled tomato has only about 40 calories.

